

# CITY LIFESTYLES



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Recipe name: Phil Fodens Fish Cakes

Serves: 4 people

Preparation time: 20 mins

Cooking time: 10 mins

Starting line-up (*ingredients*):

550g tin new potatoes, 120g tin salmon/tuna, 1 onion, 1 pepper, wholemeal flour, olive oil, lemon, parsley



Warm-up (*preparation*):

Chop up onions, pepper and parsley into small (diced sized) pieces, drain salmon/tuna tin



Game plan (*method to make*):

1. Pour potatoes (with juice) into a pan and fry until water evaporates and potatoes become soft and brown.  
Fry onion and peppers until cooked and soft
2. Mash potatoes and salmon/tuna together and then add the onions, peppers and parsley into the mix.  
Squeeze lemon into the mixing bowl and add a little bit of zest
3. Mix together and then shape fish cakes using floured hands (add breadcrumb layer to both sides of the fish cake)
4. Heat oil in the pan and fry half the fish cakes for 3-4 minutes on each side until golden brown (repeat)



## Substitutes

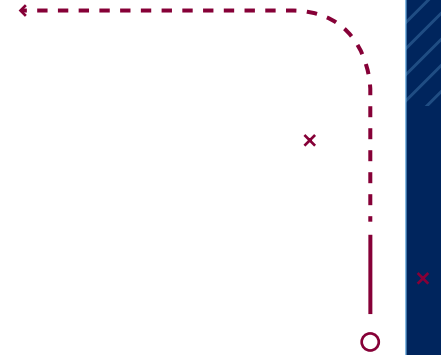
Salmon could be replaced by tuna, cod or other types of fish

Vegetarians/vegan - use alternatives for meat

Gluten intolerance - gluten free flour

More vegetables e.g. fresh tomatoes

Add herbs and spices for extra flavour



## Nutritional benefits:

Potatoes – slower release of energy

Salmon – very high in Omega 3 (essential fatty acid)

Lemon and Pepper – vitamin A, B and C

Each serving provides 158 kcal per person, 35g protein, 107g carbohydrates, 7g fat



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